



FAMILY HELP-LINE 1-800-THE KIDS

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# May



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Notes \_\_\_\_\_

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Use the "Notes" space to  
write something special  
your child did this month.

**1** May is National Physical Fitness & Sports Month. Encourage your family to keep fit with regular physical activity.

**2** Kids do better in school when parents are involved in their learning. Help them with homework and projects.

**3** If your kids use the Internet, spend time online together. Help them find sites that are fun and child-friendly.

**4** Praise your kids when they follow your family rules, especially when they do what's expected without reminders from you.

**5** **Cinco de Mayo**  
Let the kids help you prepare a Mexican dinner this evening.

**6** Do something today just for yourself.

**7** Life with a toddler is easier if you put away treasured possessions temporarily. You won't have to say "no" so often.

**8** This spring, volunteer as a family to improve your community. Look for opportunities to join a park cleanup or neighborhood garden project.

**9** **Mother's Day**  
Enlist the kids to plan something special for mom or grandma.

**10** Begin to build a library of quality children's videos.

**11** Focus on improvement for your children and yourself, not perfection.

**12** Keep emergency numbers next to your phone in case of injury, fire, poisoning or any situation requiring immediate assistance.

**13** An allowance helps teach children to spend wisely and to save for things they want in the future.

**14** Set an example for your children by being tolerant and open-minded.

**15** Plan some relaxation today. Go to a park with the children and take it easy while they play.

**16** Help the children plant pots of colorful, easy-to-grow flowers, like zinnias or marigolds, to brighten your front porch or deck.

**17** Seek parenting support if you feel you need it. Call 1-800-THE KIDS.

**18** Help your children set goals. Then encourage them to achieve these goals.

**19** Children know you care when you comfort them to soothe their fears.

**20** Keep life balanced by taking time for your interests, too. Sign up for a class, activity or discussion group.

**21** When you feel like you're coping alone, seek out a parent support group where you can share doubts and concerns.

**22** Physical activity is a great stress-buster. Try an exercise class or video, or simply take a walk in the neighborhood.

**23** Every child needs unconditional love.

**24** Share your talents and interests with your kids.

**25** Praise from a parent is often the best reward.

**26** Feeling frazzled? Try getting up a few minutes earlier so you'll have some quiet time alone to prepare for the day.

**27** Help your children succeed. Promote good study habits to help them become lifelong learners.

**28** Encourage your children to experience the rewards of sharing family responsibilities.

**29** Try to give teens choices in day-to-day matters that touch their lives.

**30** Show your kids you trust them to make good decisions.

**31** **Memorial Day**  
Fly the Stars and Stripes proudly today.